

UNIVERSITY OF EDUCATION, WINNEBA
FACULTY OF SCIENCE
DEPARTMENT OF HOME ECONOMICS EDUCATION

COURSE TITLE : BASIC FOODS AND NUTRITION

COURSE CODE : HEC 235

CREDIT : 2

LECTURER : MR. CHRISTIAN BARNES

COURSE OUTLINE

OBJECTIVES : By the end of this course students will be able to:

- Appreciate the importance of food to people
- Manage their kitchen efficiently
- Buy and store food properly
- Plan balanced meals for the family

WEEK	CONTENT/TOPIC
1 & 2	The Importance of Food <ul style="list-style-type: none">▪ Food affects health▪ Food affects appearance▪ Social functions of food▪ Psychological functions of food
3 & 4	How the body uses food <ul style="list-style-type: none">▪ Energy value of food▪ Nutrients from food▪ Individual nutritional requirement▪ Use of dietary supplements
5 & 6	Food Habits <ul style="list-style-type: none">▪ Factors contributing to food habits▪ Factors that change food habits▪ Effects of food habits on health
7 & 8	Managing in the kitchen <ul style="list-style-type: none">▪ Organization of kitchen area▪ Work methods▪ Sanitation and safety in the kitchen
9 & 10	Buying and storing food <ul style="list-style-type: none">▪ How to choose different forms and kinds of food▪ How to store different forms and kinds
	Meal Planning <ul style="list-style-type: none">▪ Six food groups▪ Meal patterns▪ Factors to consider when planning meals Goals of planning meals

REFERENCES

Food for today

Guide to Modern meals

The world of foods by Anita Tull

Food & Nutrition by Gaserani, Kinton and Foskett

Cooking explained by Jill Davies